



Wearing blue for Glannina

Tonyc Salon holds fundraiser for student's family.
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SPOKE

A LEARNING NEWSROOM FOR JOURNALISM STUDENTS



November 11
is a day we
remember.

MONDAY, NOVEMBER 8, 2010

CONESTOGA COLLEGE, KITCHENER, ONT

WWW.CONESTOGAC.ON.CA/SPOKE

42ND YEAR – NO. 23

Pay it forward on Friday

By **LISA OLSEN**

You may notice people being a little nicer than usual this Friday.

Nov. 12 is Random Act of Kindness Day: a day where people are encouraged to slow down and smell the roses, and maybe even give those roses to someone else.

"I think this encourages people to think about their interactions with others," said Ryan Connell, a student life programmer at the Doon campus.

The community-wide event, hosted by The Kitchener and Waterloo Community Foundation, is in its third year at Conestoga College. It started when Connell was approached by a student who noticed the community held a random act of kindness event and thought it went perfectly with the college's Respect Campaign.

The first year it was an immediate success, with

Student Life putting up a Respect booth and handing out pay-it-forward cards, Conestoga Students Inc. handing out popcorn and Chartwells giving out free coffee. Connell saw people buying coffees for strangers at Tim Hortons.

"You saw people all around campus get so pumped about it," said Connell.

This year, the Doon, Guelph, Cambridge and Waterloo campuses are taking part. Stratford and Ingersoll are not because they don't have a community association to partner with.

With events such as a thank-you card booth, free cookies at the Student Life office, face painting and a surprise at the Library Resource Centre, the event grows every year, even in the community, with local corporations taking part, including the Waterloo Region Record, CTV and RIM.

"It takes us back to an ear-

lier time, where people were more generous and kind," said Tracy Van Kalsbeek, manager of marketing and communications for the Kitchener and Waterloo Community Foundation.

Van Kalsbeek said the event is not about huge deeds, but small things such as holding doors open and letting people in line at the grocery store.

For the foundation, the day started with a vision from one of their volunteers.

"It was totally amazing, even in its first year, how viral it was," said Van Kalsbeek.

Connell said many people think that community just happens, but he believes that it has to be intentional.

"Many of us, we get so distracted with our lives, we forget how to interact with others," said Connell.

A list of 100 free random acts of kindness can be found on the foundation's website, www.kwcf.ca.



PHOTO BY LISA OLSEN

Ryan Connell, a Student Life programmer, encourages staff, students and faculty at Conestoga to participate in the Random Act of Kindness Day on Nov. 12.

KRAZY KARNIVAL FEATURES PUCK THE CLOWN



PHOTO BY PAUL IRVINE

Samantha Scheinost, 21, transforms Korinne Webb, 41, into Puck the Clown in preparation for the Krazy Karnival on Oct. 26 in the Conestoga College Student Life hallway. Both are first-year business foundations students. See Page 6 for Krazy Karnival story.

Conestoga needs \$30m in funding

By **LISA OLSEN**

Conestoga College is looking for funding, and they're glancing in their own backyard.

At a board of governors meeting on Oct. 25, the college's strategic plan was discussed in detail, including current expansions, growth and costs.

Individual giving is the mainstay in this country.

— Mike Logue

"There are two things to do: make sure to get the (expansion) projects done on time and on budget ... the other piece is to raise approximately \$28 to \$30 million," said John Tibbits, college president.

The construction plans, in total, will cost approximately \$130 million. Despite federal

and provincial government contributions, the college is still almost \$30 million short.

In a presentation on how to raise the funds, Mike Logue and Jo-Anne Nykilchyk of KCI Ketchum Canada Inc. told the board to look in its own backyard, including local community members, alumni and faculty, rather than large corporations.

"Individual giving is the mainstay in this country," Logue told those in attendance.

The college's construction plans will meet the community's needs by providing more space for full-time students by adding 400,000 square feet across five of its campuses.

It's the most extensive growth plan in the history of school.

After completion, Conestoga College will be bustling with students, increasing from its current population of 9,000 full-time students to 15,000.

Now deep thoughts ... with Conestoga College

Random questions answered by random students

If you could marry any superhero,
who would it be and why?

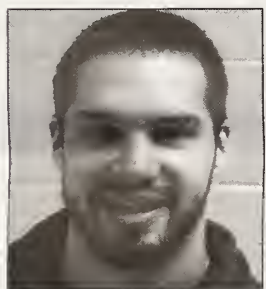
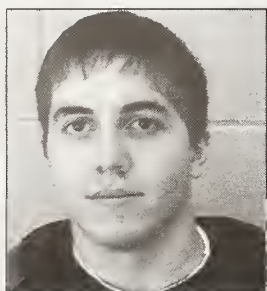


"Batman, because he's super rich and he has the batmobile."

Malcolm Scott,
first-year
television broadcast

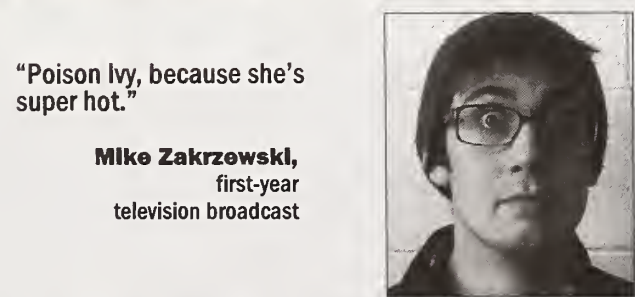
"Wonder Woman, because she looks hot in those tights."

Ryan Lahey,
first-year
woodworking technician
program



"Catwoman, because I bet she's pretty flexible."

Matt Ethler,
second-year
television broadcast



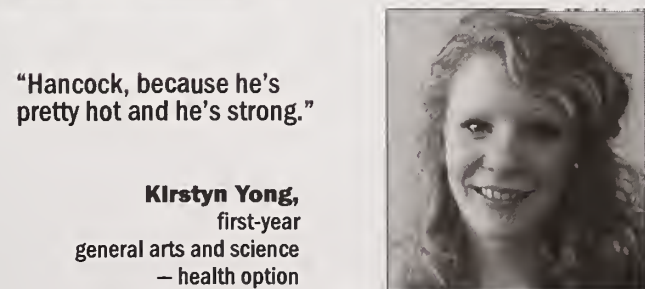
"Poison Ivy, because she's super hot."

Mike Zakrzewski,
first-year
television broadcast



"Spider-Man, because he kisses upside down."

Emily Wannop,
first-year
pre-health sciences



"Hancock, because he's pretty hot and he's strong."

Kirstyn Yong,
first-year
general arts and science
— health option

Smile Conestoga, you could be our next respondent!



PHOTO BY LISA OLSEN

Gianluca Greco cuts Leslie Pucan's hair at Tonym Salon in Fairview Park Mall on Nov. 2. The salon is hosting a fundraiser for the family of Giannina Di Roberto, a Conestoga student who died in Mexico on Nov. 17.

Wearing blue for Giannina

Kitchener's Tonym Salon holds fundraiser for grieving family of former student

By LISA OLSEN

A local salon is raising funds for Giannina Di Roberto's family, and they're doing so with blue hair extensions.

A student at Conestoga College's Doon campus, Di Roberto died in September when she fell from a seventh floor balcony while on vacation with her boyfriend in Mexico. Her boyfriend was cleared of any wrongdoing.

On Nov. 17, Tonym Salon and Spa will be holding a fundraiser by offering blue hair extensions at a cost of \$7, including installation. The concept is similar to a ribbon campaign: its purpose

is to raise awareness for Di Roberto.

Gianluca Greco, owner and artistic director of the salon, knows the family because Di Roberto was a long-time customer of the salon, as are her mother and sister.

"We want to help out the family because they're definitely grieving ... talking to the mom, she's lost her sunshine. And we want to bring some sun back into their lives," said Greco.

The salon is also setting up a donation area and a raffle, where customers can win one of three salon prizes worth up to \$250.

All proceeds from the raffle, donations and extensions

will be given directly to Di Roberto's family. Customers will receive 20 per cent off services if they mention Di Roberto's name.

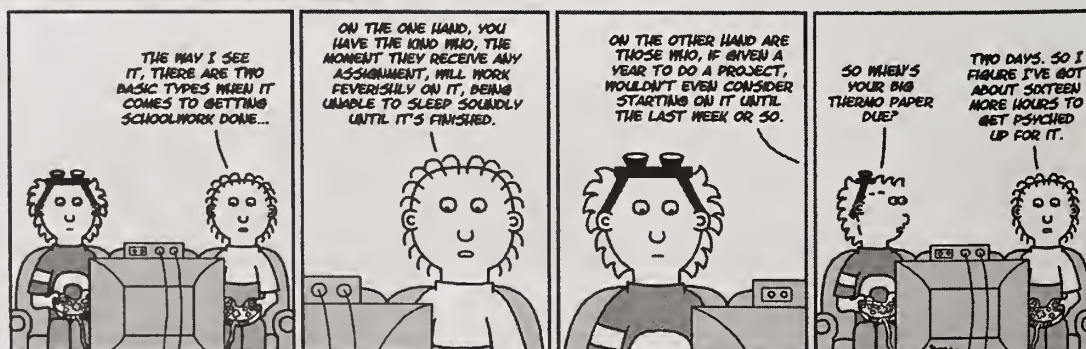
If customers are unable to make it into the salon on Nov. 17, Greco said he will offer the extensions and discounts for the remainder of the week.

Greco said he hopes to raise a minimum of \$1,000 for the family, but would love to raise more.

"It's the thought that counts, and ... that people continue to remember this beautiful girl," he said.

The salon is located inside Fairview Park Mall in Kitchener.

LAST-DITCH EFFORT



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Transit expected to be hot topic

By AMANDA BAINES

Students are invited to voice what irks them on Wednesday at the regional government's student focus group. How many students, however, know what services the regional government oversees?

In actuality, the Regional Municipality of Waterloo is responsible for a great number of services, from dental health to subsidized childcare to transit. Transit is expected to be the main issue at a focus group meeting at the college Nov. 10.

Chief administrative officer, Mike Murray said transportation is one of their biggest concerns.

"The Waterloo Region is sitting at just over 500,000 in population, and we are expected to grow by a good 200,000 by 2030," he said. "So our big concern is how to accommodate nearly 750,000 people, and transportation is a big problem."

Murray said in order to accommodate that huge population hike, 500 kilometres of roadway would have to be added to the tri-cities; the same distance as driving from Kitchener to North Bay, Ont. A better idea, according to Murray, is to make adjustments to the transit system.

"We can add routes, and make our current routes better," he said. "We can add rapid transit and make the buses work for the people. We want to hear from the students just how to make it better."

Early childhood education student Sabrina Kraemer agrees that the transit system needs to be changed.



PHOTO BY AMANDA BAINES

Students wait for the bus outside Door 3 at Conestoga College's Doon campus. Transit is one of the main issues the region expects to be raised at the student focus group on Nov. 10.

"Buses only running before certain times or only every hour need to be fixed," she said. "It can be a real pain."

Former city councillor Kelly Galloway agrees.

"The issue is the transit service from the college into one of the three major cities," she said. "If you want to get to school there are only certain times that the buses run."

Although city councillors do not have anything to do with regional government, both

Galloway and newly elected councillor Yvonne Fernandes, both of Ward 4, which the college is in, have seen the issues that students face.

Although Murray expects transit to be one of the largest complaints, he also has other topics that might be of interest to students.

"There's subsidized childcare, affordable housing and making our city a vibrant, colourful, exciting place," he said. "We want to know what

would make this a fun place, a place to entertain."

Introducing new nightclubs, bars and restaurants to Waterloo Region, and adjusting transit to work for the people who ride it are things that Murray is hoping to be changed. But with these ideas, the regional government needs the students' input in order to make them a reality.

"We really do appreciate the voice of the students," he said.

REGIONAL RESPONSIBILITIES

The following are some of the responsibilities of the Waterloo regional government:

Social services

■ Overall planning of the local childcare system.

■ Five childcare centres and a licensed home childcare program.

■ Financial assistance with childcare costs.

■ Infant development program.

■ Social assistance (Ontario Works).

Employment programs

■ Planning housing and community services.

■ Transportation planning and corridor control.

■ Transportation demand management.

■ Region of Waterloo (Township) libraries.

Transportational and environmental services

■ Grand River Transit including MobilityPlus.

■ Regional roads and traffic signals.

■ Grand River Transit planning.

■ Rapid transit initiative.

"Post-secondary students are our future. That's what we need to focus on."

For those students who are unable to attend the focus groups on Wednesday, there is an online survey for their voices to be heard, at www.region.waterloo.on.ca.



An eye for an eye

By **MARCUS MATTHEW**

Death is often the biggest fear in life. It happens every single day and the harsh reality is that when it's our time, we will pass away and that's the end.

One topic surrounding death that has always been debated, argued and brought controversy, is that of a death penalty.

Of the 192 countries in the world, approximately two-thirds have totally abolished it, including Canada. However, there are a total of 58 countries that still maintain a capital punishment system.

The death penalty should be brought back to Canada for heinous crimes such as murder and rape. Execution or lethal injection should be the consequence, especially for repeat offenders.

Canada's last execution was on Dec. 11, 1962 when Ronald Turpin and Arthur Lucas were hanged.

Protests ensued across the country, forcing prime minister John Diefenbaker to abandon the death penalty. Since then, Canada has used a more lenient punishment system. For first-degree murder it's a life sentence with no possibility of parole for 25 years.

Just think of the money the government is spending to keep these criminals alive, and for what reason? To let them rot behind bars and think about their actions? Death for any of these crimes would not only save money but would be logical.

There will always be a group of people who believe that intentionally killing a human being, no matter what the reason, is unjust. As the saying goes, an eye for an eye makes the whole world blind.

The mindset of the wise Mohandas Gandhi was that of peace, equality and coming together as one. Unfortunately, this mindset will always fail. In a dog eat dog world, there will always be those who resort to killing for reasons such as survival, power or just for money.

The only way to eliminate the rotten seeds from society is to let capital punishment take its course.

The key to bringing back the death penalty will be certainty. A jury or judge must be 100 per cent certain that the accused is guilty.

Being handed a life sentence isn't justice, taking their life is. It's one of the few things that will help ease the pain of family members.

If properly used, the death sentence can make the world a better place.

The views herein represent the position of the newspaper, not necessarily the author.

Letters are welcome

Spoke welcomes letters to the editor. Letters should be signed and include the name and telephone number of the writer. Writers will be contacted for verification.

No unsigned letters will be published. Letters should be no longer than

500 words. Spoke reserves the right to edit any letter for publication. Address correspondence to: The Editor, Spoke, 299 Doon

Valley Dr., Room 1C30, Kitchener, Ont., N2G 4M4



United Way

Big Brothers Big Sisters

K-W ACCESSABILITY
A Community of Equal Access and Equal Opportunity

John Ambulance

CANADIAN MENTAL HEALTH ASSOCIATION
ASSOCIATION CANADIENNE POUR LA SANTÉ MENTALE

John Howard Society
of Waterloo-Wellington

YMCA

Give to one, give to many

Book doesn't depict pretty picture

Busingye's new offering is controversial yet commendable

Most of us were read to as children. Perhaps a bedtime story, to help send us off to sleep. Oftentimes these tales had an underlying message. One that we'd never forget, and would carry with us for the rest of our lives.

That is the hope for the children in Uganda.

A new book has been published titled *How Kwezi Got Into Trouble* by Loice Busingye. The content is causing some major concern for parents because it explicitly discusses sex and HIV. It details a young girl's struggle with AIDS after she is raped.

Of course, this seems wildly inappropriate material for a children's book. Sure, it sounds crazy at first, showing your youngster how Kwezi gets trapped into a threesome by two young boys. However, you must consider where the majority of the readers are located.

HIV and AIDS is a serious problem in Uganda and other areas of Africa. Knowing that residents are taking steps to spread



Victoria Spracklin
Opinion

awareness is fantastic.

To recognize the issue at hand, and teach future generations about it is commendable in my books.

“

HIV and AIDS is a serious problem in Uganda and other areas of Africa.

Knowing that residents are taking steps to spread awareness is fantastic.

”

It may be a controversial way to discuss this with children, but it seems to be working so far, as the books are flying off shelves.

As mentioned on the British

Broadcasting Corporation, one mother, Juliet, was already on her way to buy a second copy for her daughters. Her reasoning?

“She'll be able to protect herself because she'll know everything.” The lack of education in the past is being made up for with this new generation, now that we are raising awareness about this horrible disease. This is a fantastic way to teach children at a young age, in the hope that future generations won't be affected by HIV or AIDS.

Having “the talk” with your parents is awkward enough. I can't imagine having to sit through a talk about the risk of HIV as if we were merely chatting about the weather. It saddens me to know that parents have to discuss this topic with their children, but hopefully with this literature, it will help to end this pandemic.

It may not be as light-hearted as Dr Seuss, but it definitely carries a valuable lesson. And that makes me sleep easier.

SPOKE

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PHOTO BY ASHLEY IDLE

Shawn Phillips checks out the silent auction at the K-W Naval Association's party for Canadian troops.

A spooky time supports troops

By ASHLEY IDLE

Music filled the K-W Naval Association banquet hall on Oct. 30 as people of all ages and backgrounds got together at a Halloween party to support Canadian troops stationed in Afghanistan.

Some soldiers get to come home for Christmas which helps keep morale up for the lucky few, but there are others who have to stay and serve during the festive season.

This is why some gestures can be so important.

This was the naval association's third annual party for the troops, which raises funds to put together care packages for soldiers away from home during the Christmas season.

"Many of the men and women overseas weren't receiving letters or packages from home," said Terri-Leigh Saunders, a Conestoga College graduate and special events co-ordinator at the K-W Naval Association.

It was decided in 2007 that the association would work to send care packages overseas to help boost the morale of the men and women who were working in Afghanistan.

Packages include various things such as stationery, toiletries, books, magazines, playing cards, snack food such as popcorn, beef jerky, tuna snacks and granola bars, a letter, a Christmas card and a wrapped Christmas present. These are delivered to the troops throughout the Christmas season.

The people at the party were happy to be supporting such a great cause at the association.

"I belong to the legion, but I



PHOTO BY ASHLEY IDLE

Chris from Encore Music Productions and Terry Hartman party at the K-W Naval Association's banquet hall on Oct. 30.

prefer coming up here," said Second World War veteran Don Balcarras.

He also said that he finds it very important to support the overseas troops.

Betty Gray, a member of the K-W Naval Association, said, "They're just kids over there."

The mood was both festive and supportive as people bid on wares at the silent auction, took part in the 50/50 draw and enjoyed other activities set up for them. Everyone was happy about what they were doing for men and women overseas.

"War is a part of life and it always will be," said Gray, but she also emphasized how important it was to stand behind those who were willing to fight those wars.

The association's goal is to send 25 to 30 care packages overseas this year for troops stationed in Afghanistan. So far, they have sent 60 over the past three years.

LETTER TO THE EDITOR

Remember our past and pay tribute

Born May 28, 1891, in Wombwell, England, Abraham Gleadall was the third oldest boy in a family of nine children. Like many families at the turn of the century, the Gleadall family was of the working class. Everyone who was able pitched in to make ends meet.

At age 13, Abraham started work in the coal mines, near Yorkshire. He also worked part-time at a butcher shop.

By age 20, in the year 1911, he packed his bags and boarded a ship headed for Canada in search of a better life.

Landing in Quebec City, he made his way to Midland, Ont., where he found work with the Canadian National Railway. He started as a fireman, which meant he was responsible for keeping the fire box of the steam locomotives full of coal.

In April 9, 1917, the German forces held a very strategic area in France called Vimy Ridge. The battle at Vimy Ridge was one of the first times in Canadian history that our troops were lead

by our own Canadian officers. It was not supposed to be a victory. In a matter of days, Vimy Ridge was taken and controlled by the allied forces.

Abraham Gleadall was one of those brave Canadian soldiers who pressed forward at Vimy and finally overcame the odds. The assault cost 3,598 Canadians their lives, and left 7,000 wounded. Abraham Gleadall was one of the wounded. My grandfather had many physical injuries from a bomb blast and I am sure many emotional scars as well.

After the war my grandfather returned to England and met my grandmother Elizabeth (Dixon), got married and moved to Palmerston, Ont., where my grandfather found work again at the CNR as an engineer. His war injuries did not allow him to return to a physical job. They also raised two children.

At the age of 94, Abraham Gleadall died in Florida in 1985. His wife Elizabeth passed away peacefully, at age 95, in Stratford, in 2003. She was one of only 50

remaining widows in Canada to be receiving a First World War pension when she passed.

I was very fortunate to know my grandparents so well. They were the most consistent, calming influence in my life. I understand what patriotism and citizenship mean because of them. I also understand what sacrifice, hardship, and perseverance mean as well. Without my grandparents' generation making sacrifices, and sometimes the ultimate sacrifice, my family would not enjoy all the abundances we have today. The term "Lest We Forget" is very important to me.

Nov. 11 is a day to remember our past and to pay tribute to those who are responsible for our freedom. I proudly wear a poppy knowing that my grandfather fought in The Great War. I also think of all those men and women since the First World War who have fought to preserve our freedom.

"Lest We Forget."

Jeff Gleadall



Remembrance Day Ceremony

November 11th

Doon - SLC Atrium, 10:35am

Waterloo - Front Foyer, 10:40am

Guelph - Cafeteria, 10:40am

On the 11th hour, of the 11th day, of the 11th month, Canadians are asked to pause and remember the thousands of men and women who have served, and who sacrificed their lives fighting for freedom and democracy.

CONESTOGA
STUDENTS INC

Student Life
Shape your experience

Plinko a hit at United Way casino

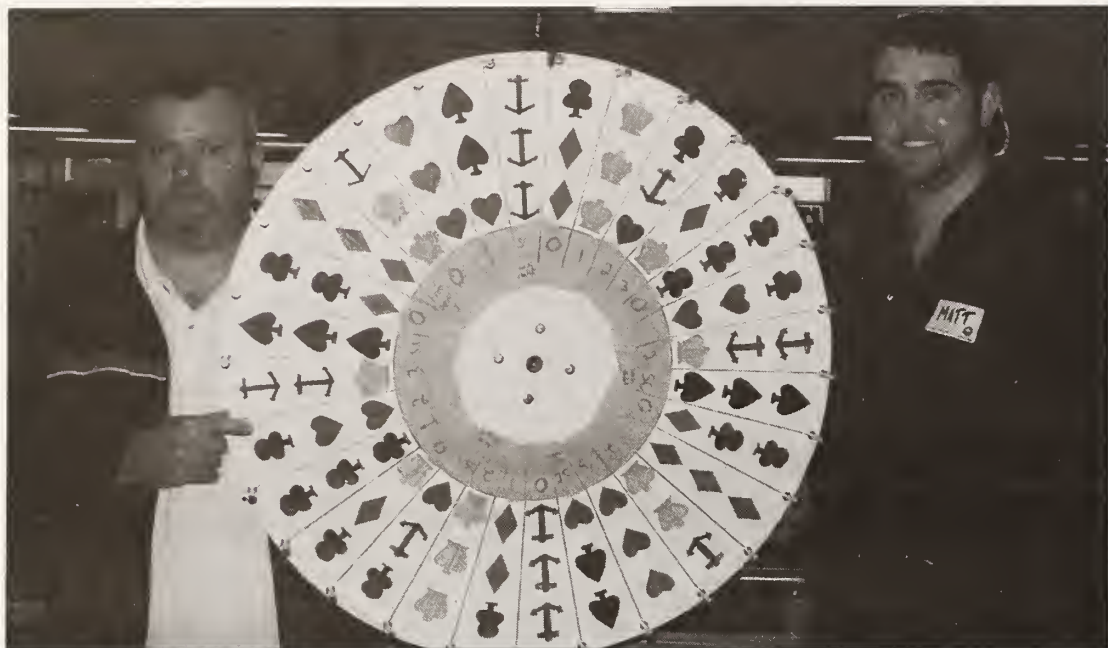


PHOTO BY NATHAN RIENSTRA

Sam Sorbara and Matt Al, business foundations students, helped host the United Way Casino on Oct. 28. The event was held in partnership with the Student Life department and was the last of three business foundations/Student Life fundraisers. The casino raised \$268.

By NATHAN RIENSTRA

Thanks to an event organized by both the business foundations program and the Student Life department at Conestoga College, students were able to shell out cash donations last week to support a great cause.

On Oct. 28, the United Way casino was held, the last of three business foundations fundraisers to support the United Way.

Students organized the event as part of their Student Success for Higher Learning course, which requires students to organize an on-campus fundraising event to support the United Way.

At the casino students made cash donations to participate in a variety of games such as Crown and Anchor, Beat the Dealer and Plinko, giving them the chance to win prizes.

"Essentially students were encouraged to donate any change that they had to participate in any of the games," said Student Life programmer Ryan Connell. "Just for

playing the game, students would then receive a ballot that they would enter in draws to win prizes that the (business foundations) students got donated (from other businesses)."

According to Andrew Nogueira, a business foundations student responsible for choosing this particular event, some games were more popular than others.

"I think Plinko would probably be the most popular game ... It just looks fun, right?" he said with a laugh.

The casino raised \$268. Combined with the two other business foundations/Student Life fundraisers, a total of \$1,335 was raised, helping the College United Way campaign reach 90 per cent of its \$50,000 goal as of Oct. 29.

"The value in selecting United Way is knowing that you're not just helping one charity, but that all of the funds will be funnelled into a number of community organizations throughout our communities," said Connell.

Random Act Of KXndness Day® Friday November 12



Reach out to another person
through a Random Act of Kindness!

Pick up a Random Act of Kindness Card and
'pay it forward' when performing a good deed!

To receive a kind act and for suggestions on how to 'pay it forward', check out...

Student Life Centre, Door 4 and Door 6 at Doon Campus!

A/B Corridor at Waterloo Campus!

A Corridor at Guelph Campus!



United Way Krazy Karnival drives Conestoga wacky

By PAUL IRVINE

Games, challenges and a clown greeted Conestoga students as the Student Life atrium was transformed into a carnival to aid the United Way.

The benefit carnival in the Student Life centre on Oct. 26 raised over \$450 for the United Way campaign.

The Krazy Karnival, designed, organized and run by the business foundations program in conjunction with the Student Life department, followed a simple format, where students would pay to participate in various fun activities. Usually in the range of \$1 to 2, winning the events would give students ballots they could enter to win various prizes. Some of the events had gift baskets of their own.

Thomas Alton, a first-year business foundations student, explained the game he ran. "You pick a square (off of the poster board). If it's the ace of spades, you win a gift basket."

It cost \$1 to pick a card.

Other events included root beer pong, a ball hockey shoot and a balloon popping game, each of which awarded

ballots.

Music was provided by DJ Justin, aka Justin Hillis, a second-year marketing student. He has been DJing professionally for a year.

The business foundations program students do fundraisers for the United Way every year as part of their program.

"They learn a lot about time management and organization," said Ryan Connell, a Student Life programmer and co-chair of the Conestoga College United Way campaign.

What Carnival is complete without a clown? Puck the Clown, aka Korinne Webb, 41, a first-year student in the business foundations program, made an appearance, entertaining passers-by and distracting those trying to throw ping-pong balls into glasses of root beer.

The event raised \$477 for Conestoga's United Way campaign, which has an ultimate goal of \$50,000. The business foundations fundraisers over the week ended up raising \$1,355, according to Connell's Facebook announcement following the events.

Exceptional employees honoured

By VICTORIA SPRACKLIN

"You'll never know when you'll go so far as to save someone's life," said Greg Durocher at an Employer Recognition Breakfast on Oct. 27. The president and CEO of the Cambridge Chamber of Commerce was the emcee for the morning, and spoke about how everyone can make a difference, whether offering students job shadow opportunities, internships or just offering someone a helping hand. He told one story where a student was thinking of committing suicide, but didn't because a classmate came to

his aid that day. The breakfast was held to recognize the exceptional employers in the region.

Not only was the room filled with guests, it was also filled with, as Ken Seiling, regional chair, said, "a sense of stewardship."

"We look out for each other in a number of ways, and this is an example," said Seiling, who was the keynote speaker.

The 11 recipients, nominated by seven institutions including Conestoga College's Cambridge campus, stepped up to the podium to receive their award, a painting by

Greg Pautler embossed with a plaque. They were also treated to a hearty breakfast provided by the Galt Country Club.

The Ainslie Animal Hospital, nominated by the college, received their award for their outstanding work with a Conestoga student through her internship. They will continue to help students by offering job placements.

"We'll still continue to offer opportunities to people to come into the practice, to see what it's like," said Sandy Galanti, a receptionist at the hospital. She said she thinks

"it's a great idea because if they've never worked with animals before, this will help them decide if it's something they want to do in the future."

Not only were the recipients grateful, but the nominators were as well.

"It recognizes the employers that have been supportive of our students, so that these students can make really good decisions about their career path," said Dianne Murphy, who works for Conestoga's School of Career and Academic Access. "By being able to do (job) shadows or info sessions, they get a reality of what

that job really is."

The successful event serves as a great reminder for all employers. The reason why these people received this recognition, according to Durocher, is because, "They genuinely care about making a difference in this person's life. And I think if you do that with an individual, if you demonstrate that clearly, that comes back in employee dedication and commitment. Because if you care about the people that work for you, they start to care about you, and that's what makes every business successful."



PHOTO BY VICTORIA SPRACKLIN

Dianne Murphy, left, presents an employer recognition award to Sandy Galanti and Becky Emberson of Ainslie Animal Hospital in Cambridge, one of 11 recipients of the prestigious award. Each winner received a painting by Greg Pautler.

**RECOGNIZE THE
SIGNS OF STROKE
WHEN YOU
SEE THEM.**

✓ VISION PROBLEMS

Sudden loss of vision,
particularly in one eye or double vision

✓ HEADACHES

Sudden, severe and unusual headaches

✓ WEAKNESS

Sudden weakness, numbness and/or
tingling in the face, arm or leg

✓ TROUBLE SPEAKING

Temporary loss of speech
or trouble understanding speech


✓ DIZZINESS

Unsteadiness or sudden falls,
especially with any of the above signs



**HEART
AND STROKE
FOUNDATION**

Seek immediate
medical attention
if you have any of
these symptoms.



celebrating cultural Diversity Week

November 15-19

ALL WEEK ON CAMPUS

Check out the various activities, displays, and initiatives happening on campus, brought to you by the following Conestoga service areas...

- Ⓢ International Education Office
- Ⓢ Library Resource Centre
- Ⓢ Safety & Security Services


- Ⓢ Conestoga Students Inc.
- Ⓢ Learning Commons
- Ⓢ Co-op & Career Services

- Ⓢ Residence
- Ⓢ Student Life Dept.

ALL WEEK ACTIVITIES IN THE STUDENT LIFE CENTRE!

MONDAY	
Displays from World Cultures! 10:00am - 12:00pm Hosted by... Ⓢ Accounting, Audit and I.T. students	Cultural Games & Activities 11:00am - 1:00pm Hosted by... Ⓢ Recreation & Leisure Services students
TUESDAY	
Displays from World Cultures! 10:00am - 12:00pm Hosted by... Ⓢ International Business Management students Ⓢ English Language Studies—Level IV students Ⓢ Accounting, Audit and I.T. students	Cultural Wheel of Fortune! 12:00pm - 1:00pm Hosted by... Ⓢ Conestoga Students Inc. More World Cultures Displays 12:00pm - 1:00pm in E-Wing Hosted by... Ⓢ English Language Studies - Level II students
WEDNESDAY	
Displays, Games & Activities from World Cultures! 12:00pm - 2:00pm Hosted by... Ⓢ English Language Studies - Level IV students	
THURSDAY	
Displays from World Cultures! 10:00am - 1:00pm Hosted by... Ⓢ Accounting, Audit and IT students More Displays from World Cultures 12:00pm - 1:00pm in E-Wing Hosted by... Ⓢ English Language Studies - Level II students	Multicultural Fashion Show! Dance Performance! 12:30pm-1:00pm Hosted by... Ⓢ Conestoga Dance Team Ⓢ CSI Swat Team Ⓢ Afghan Students Association
FRIDAY	
Drop by all of the on-campus service areas mentioned above and participate in what they have to offer!	

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Rec and leisure program receives award

By COURTNEY NIXON

A partnership between Conestoga College's recreation and leisure services program and a Tim Hortons children's camp has earned the program a Volunteer of the Year award.

During the recreation and leisure services program advisory committee meeting on Oct. 22, special guest John Malcolmson of the Tim Hortons Children's Foundation presented the foundation's Volunteer of the Year award to the program in recognition of the exceptional dedication and volunteer support provided by its faculty and students, to the Tim Horton Onondaga Farms.

"I am pleased that the commitment and leadership of the recreation and leisure services students is being recognized through the Volunteer of the Year award," said Norma McDonald-Ewing, coordinator of the program.

"Their energy, enthusiasm

and compassion is outstanding and their technical skills and knowledge enhance the experience of each camper. The award is well-deserved, not only by the group, but by each individual involved," said McDonald-Ewing.

Tim Horton Onondaga Farms opened in June 2002 on 400 acres of rolling hills and wetlands in St. George. It operates as an outdoor experiential education centre from September to June, incorporating environment education, agriculture, astronomy, creative arts and recreation/adventure.

The Tim Horton Children's Foundation was established in 1974 by Ron Joyce, co-founder of Tim Hortons. The foundation is a non-profit, charitable organization committed to providing a fun-filled camp environment for children from economically disadvantaged homes.

Year-round, local children are selected from each of the communities in which a Tim

Hortons store operates, giving thousands of children the opportunity to attend the camps. This year the foundation will serve close to 14,000 children from economically disadvantaged homes.

"The experience is one that becomes etched in the memory and on the hearts of all involved"

— Norma McDonald-Ewing

A few students volunteered at the farm's March break camps four years ago, which has evolved into a curriculum-based, experiential learning opportunity for all first-year recreation and leisure students. "All the students loved the experience and said it was very impactful," said McDonald-Ewing.

Because Onondaga Farms is a working farm with cattle, horses and sheep, as well as

audio-visual and digital photography labs, senior students also have the opportunity to return in their second year in an advisory or facilitative role.

"It is a fabulous partnership between the college and the Tim Hortons Children's Foundation," McDonald-Ewing said.

One of the most influential things that the kids are taught is the G.R.E.A.T. bead program. It was created as a way to highlight the campers' achievements. The five coloured beads — blue, yellow, green, orange and red — are awarded to the campers' throughout each camp session. When campers return home, their bracelet or necklace will remind them of their accomplishments.

The blue bead is for goal setting, for overcoming a fear, trying something new and keeping a positive attitude. The yellow bead is for responsible leadership, setting a good example for others, being a positive influence and

helping to solve problems. The green bead is for environmental awareness, respecting the environment and learning the importance of conservation. The orange bead is for adventure and creativity, asking questions, discovering new things and participating in challenging activities. And the red bead is for teamwork and friendship, accepting people's differences, making new friends and working together in a positive environment.

"I would strongly encourage anyone who has an interest in volunteering at camp to do so," McDonald-Ewing said. "The experience is one that becomes etched in the memory and on the hearts of all involved. Volunteering at camp celebrates what can be achieved when a group of dedicated individuals commit to creating a memory-making experience for those less fortunate. To be involved in such an experience is as rewarding for the volunteers as it is for the participants."

15,000 gather to hear Dalai Lama

By KATHRYN SCHNARR

Thoughts of love, happiness and inner peace were in abundance when the Dalai Lama, the spiritual and temporal leader of the Tibetan people, spoke at the Rogers Centre in Toronto on Oct. 22. Over 15,000 people gathered to hear the spiritual ambassador talk about topics such as calming of the mind, his life and the role of women.

According to an Oct. 23 article in the Waterloo Region Record, much of his speech focused on females in faith. The Dalai Lama, who was forced into exile after the Chinese military occupation of Tibet in 1959, explained that the female response to empathy is stronger than that of men. He also said that he would love for his successor to be a woman.

"The Dalai Lama joked that if he had a female successor she would be much prettier than him," said Marg Wheeler, a Kitchener woman who attended the event. "I was greatly inspired by his speech. He has a lot of great views on the world. I wish the rest of the world would think like him. Watching him speak was wonderful."

He later began to tell the crowd a story about a personal experience, said Wheeler. The story regarded his beliefs on women and their compas-



PHOTO BY KATHRYN SCHNARR

Over 15,000 people cheered and waved the Tibetan flag when the Dalai Lama was introduced at the Rogers Centre Oct. 22. The blue lines represent a commitment to spirituality, something the Dalai Lama and his supporters advocate.

sion. The Dalai Lama explained that he once took a long flight, where he was seated near a family of four. One of the two children constantly cried and fussed. Their father was asleep by midnight, while the mother stayed up all night with the crying infant.

According to Wheeler, he received a standing ovation and an eruption of applause when he expressed his views on women. He also spoke about the importance of world peace, positivity and acceptance of others.

"We need to focus on inner qualities such as compassion, forgiveness and tolerance," he said.

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Oct. 25th - Nov. 12th

Photographer's images feature those left behind

By SARA BUSSE

According to Statistics Canada, between 1997 and 1999 there was a 10 per cent increase in suicides across Canada, from 3,681 to 4,074. In Ontario the number of suicides rose from 930 in 1997 to 1,032 in 2001. According to the World Health Organization, in 2000 815,000 people worldwide lost their lives to suicide, which is more than double the number of people killed by armed conflict every year.

Thousands of families are also affected by suicide each year.

They are left without brothers and sisters, fathers and mothers, daughters and sons. Scott Chisholm, a 44-year-old Thunder Bay resident, has put together a photo project involving those who have been affected by suicide.

Collateral Damage: Images of Those Left Behind by Suicide will be a book of photographs of people whose loved ones have taken their own lives, as well as a website and gallery exhibition.

"The idea of putting a face to those left behind by suicide has been with me for more than 10 years," Chisholm says in a press release.

"I passionately believe stepping out of the dark to talk about this taboo subject will

help others facing a similar life-altering experience today."

Chisholm hopes that by completing this project people will be able to speak openly about the cause and effect of suicide.

He was just 16 when his father committed suicide, or died by suicide as he prefers to say.

"Commit makes it sound like a crime," he says. "Suicide isn't a crime. The stigma around it is."

Through the book, website and exhibition, he is taking a journey to share his story as well as the stories of others whose lives have been affected by suicide and to challenge the stigma that goes with it.

Maurice Fortin, executive director of the Thunder Bay branch of the Canadian Mental Health Association, says, "We believe that such a resource would be a valuable asset as an education tool to expand community knowledge about the terrible toll on those left behind by suicide."

Chisholm, a firefighter, is the sole photographer for this project so that he has complete control over how the project looks.

He invites those who have stories to come forward and join the project.

For more information on the project go to www.leftbehind-bysuicide.org.

PIECES OF ART DISPLAYED FROM AROUND THE REGION



PHOTO BY ROBERT CONTE

Gallery Double T is tucked away in uptown Waterloo. It showcases art from around the region. The structure, located at 76 Regina St. N., is a piece of art itself.

COUNSELLOR'S CORNER: College Alcohol Inventory

The following College Alcohol Inventory was developed at the University of Wisconsin-Eau Claire. It might be interesting for you to complete the inventory and then compare your score with the average scores.

True <input type="checkbox"/>	False <input type="checkbox"/>	1. I have drunk 5 or more drinks in a row at least once in the last two weeks.
True <input type="checkbox"/>	False <input type="checkbox"/>	2. I have drunk to intoxication at least once in the last two weeks.
True <input type="checkbox"/>	False <input type="checkbox"/>	3. I have drunk alone in the last 3 months.
True <input type="checkbox"/>	False <input type="checkbox"/>	4. I have drunk alcohol daily (at least 5 days of each week) for the last month.
True <input type="checkbox"/>	False <input type="checkbox"/>	5. I have said or done something under the influence of alcohol I regret during the last 3 months.
True <input type="checkbox"/>	False <input type="checkbox"/>	6. I have drunk during the last 3 months so that I could do something that I felt I could not do as easily without alcohol (i.e. talk, relax, be more outgoing).
True <input type="checkbox"/>	False <input type="checkbox"/>	7. I've experienced a blackout (memory loss) while drinking in the last 3 months.
True <input type="checkbox"/>	False <input type="checkbox"/>	8. I have driven under the influence of alcohol in the last 3 months.
True <input type="checkbox"/>	False <input type="checkbox"/>	9. I have missed school or work due to the effects of alcohol at least once in the last 3 months.
True <input type="checkbox"/>	False <input type="checkbox"/>	10. I have experienced withdrawal (shakes, sweats, flushed faced) after stopping drinking in the last 3 months.
True <input type="checkbox"/>	False <input type="checkbox"/>	11. My drinking has harmed my personal relationships in the last 3 months.
True <input type="checkbox"/>	False <input type="checkbox"/>	12. During the last 3 months, I have often drunk in larger amounts or over a longer period of time than intended.

Score

Add your scores on questions 1-12 (one point for each True answer). This is your severity score. The range is 0-12. 50% of UWEC students average score is 2.4. 84% of UWEC students score 5 or below.

If an answer to any question or your total score concerns you, please consider talking to a counsellor at Counselling Services, 1A101.

"If alcohol is causing you or those around you problems you have a problem with alcohol."

ST. JACOBS ALREADY HAS THE SPIRIT



PHOTO BY SARA BUSSE

Despite the cold weather, St. Jacobs is alive with shoppers getting Christmas gifts. On Nov. 18 and 19 St. Jacobs Market District will have free horse-drawn trolley rides in the evening.



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GOING ABOVE AND BEYOND FOR A GOOD CAUSE



PHOTO BY EMILY GERRETT

Laura Davidson, a resident adviser and volunteer, fakes a gruesome death in the Conestoga College Residence and Conference Centre as part of a fundraiser for the United Way on Oct. 31.



PHOTO BY AMANDA BAINES

United Way events run daily at the Doon campus of Conestoga College.

Above left: Ryan Connell, a Student Life programmer, protects his face from oncoming hula hoops during the human ring toss on Nov. 2.



PHOTO BY COURTNEY NIXON

Above right: Stephen Sett, a first-year electrical engineering student, wins a round of flip cup on Oct. 27. Instead of the typical flip cup beverage, the event served root beer to willing participants.

Below: Volunteers gather on Oct. 27 for a photo prior to the You Like To Party fundraiser.



PHOTO BY COURTNEY NIXON

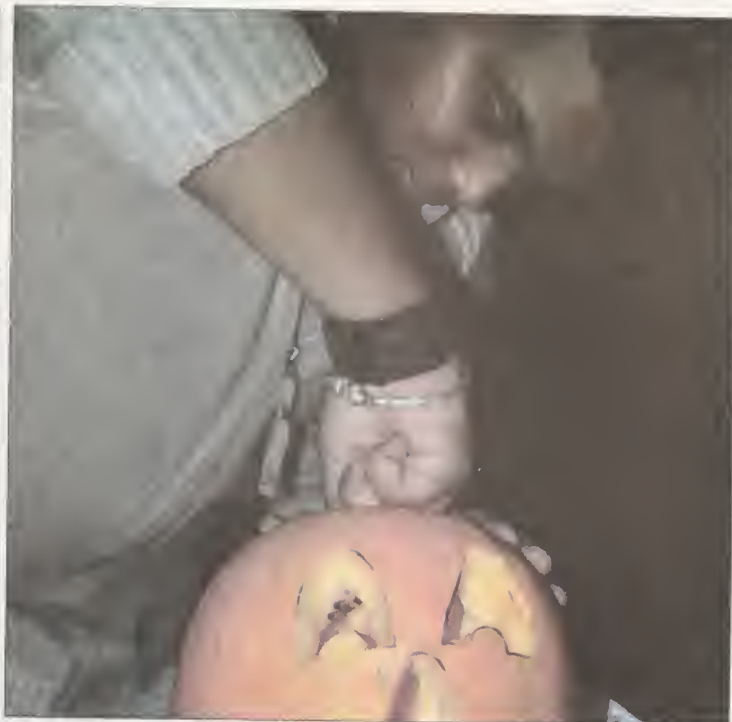


PHOTO BY ERIN FARRAR

Chris Harnarine, CSI's director of social programming, works on perfecting his pumpkin creation during a pumpkin-carving contest in the Sanctuary on Oct. 26.

Carving out contest winners

BY ERIN FARRAR

Pumpkins of all shapes and sizes sat plump on a long table in the Sanctuary on Oct. 26 ready for students to carve into something creative. After signing a safety waiver, students were able to choose a pumpkin and carve or decorate it anyway they liked.

The pumpkins were donated to Conestoga Students Inc. by Snyder's Family Farm. Carving tools, including knives and serrated scoops, were handed out as were markers and placemats, which helped catch the mess of sloppy pumpkin innards.

The Sanctuary was half-decorated for the Halloween

Pub Night that was taking place later in the week, helping set a spooky mood for the pumpkin contest.

Students carved their pumpkins into a variety of different creations, some with scary expressions, some as movie characters or some entirely cut into one spooky pattern.

Thomas Cushing Jr., a first-year general business student and winner of the contest, carved a skull face with Justin Bieber's hairdo. Cushing does professional fruit-carvings as well and his talent was portrayed through his artsy creation.

Cushing was awarded \$100 for his efforts.

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The Emerging into Light symbol of resilience and recovery reminds us of the importance of making connections to ensure good mental health.



Living with depression

By **ROBERT CONTE**

"I was up at 2 a.m. in bed and decided I wanted to die. I found my X-acto knife that I'd used for all sorts of art projects and began sawing away at my wrist ...," said Heather Antaya of Mississauga, recounting her horrific experience with clinical depression.

Fortunately, her mother discovered her before it was too late. Antaya was rushed to hospital. There she was properly bandaged and spent three months in the hospital's psychiatric ward. This would be her first major step toward recovery, after a long period of crushing despair.

Antaya's experience is not uncommon. Research reported by the Canadian Health

Agency in 2002 suggests that about eight per cent of Canadians endure a depressive disorder at some point in their lives.

"It is probably the most common mental health issue in the general population," said Conestoga College counsellor Shelly Francis.

Clinical depression, sometimes known as major depressive disorder, is regarded as an overwhelming and all-encompassing low mood, where the person feels worthless and a loss of pleasure in what were once enjoyable activities. The disorder affects a person's relationships, academic and work life, sleeping habits and general health.

"Hopelessness and helplessness can consume a person

with depression. When working with them, we as counsellors try and restructure these negative thinking patterns," said Francis.

For a time, thoughts like this had overwhelmed Antaya. She described when she first sought help for her condition, after a high school boyfriend dumped her in her senior year.

"I cried all day and all night and didn't end up leaving my bed for three days. My mom dragged me to the doctor's office where I was diagnosed and given various prescriptions. Sleeping pills, antidepressants and something for the odd anxiety attack," said Antaya.

It was after this incident that she was diagnosed with clinical depression, general-

ized anxiety disorder and some sleeping issues. After some experimenting with drugs and therapies, she eventually found a system that worked for her, though the road there was a long one.

"One antidepressant made me feel completely neutral about everything, never sad, never happy, it was absolute hell. Another made me feel angry instead of sad and kept me awake despite taking sleeping pills," said Antaya.

These pills had induced insomnia so bad that it eventually culminated in a frantic Antaya claiming she would prefer to bash her head against the wall until she passed out just to get some rest. She was taken to the

hospital where she was given tranquilizers. She awoke feeling refreshed.

Antaya is now living a much happier life than she was two years ago. She eventually decided that she could live without her anti-depressants and, with the help of her doctors, she weaned herself off of them.

"I had a loving boyfriend and an amazing friend to keep my spirits up and when I wasn't with them I was doing things I loved," she said.

If concerned that you or a close one is suffering from depression, it is important to seek help. Conestoga Counselling Services will provide support and can be reached at 519-748-5220, ext. 3360.

CONSTRUCTION ABOUNDS



PHOTO BY JONATHAN CHARLES

Construction on Conestoga College's new F-wing continues at the Doon Campus on Nov. 1. So far, it is on time and on budget.



PHOTO BY LISA OLSEN

Houses are destined for demolition to make way for condos at the corner of Allen and Park streets in Waterloo. The city is currently in a state of growth and construction.

PREPARING FOR THIN ICE



PHOTO BY GERALD UPTON

Stephen Maass, left in hard hat, and Henry Roefs plus two other city workers inspect the refrigeration system out in front of City Hall in preparation for the skating season. Roefs is a graduate of Conestoga College.

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X-rated hypnotist captivates Conestoga students

By RYAN YOUNG

For one night only the Sanctuary had an X rating, thanks to an appearance by the XXX hypnotist Tony Lee. The show, held by Conestoga Students Inc., consisted of Lee hypnotizing volunteers on stage and having them act out sexual situations you wouldn't want your grandmother to see. "It's a nice escape for a couple hours," Lee said after the show. "You get to laugh at your friends a little bit."

The audience was in stitches throughout the two-hour show. Cameras and cellphones were in abundance as the audience made sure they caught every embarrassing moment to either remind their friends of their actions or to extort money from them in the future. Ryan Kueper, 19, had never been hypnotized before volunteering during the Oct. 26 show. "It felt like I was half asleep but I could open my eyes at any moment and walk off the stage," said the second-year Wilfrid Laurier University



PHOTO BY RYAN YOUNG

The XXX hypnotist Tony Lee has fun with some volunteers during his Oct. 26 show in the Sanctuary.

kinesiology student. "I was conscious of what I was doing but I really didn't care. It felt like I was in my own little world." One person who must have felt in his own world was 19-year-old volunteer Curtis Sek. "I was feeling pretty good at the time so I figured what's the worst that could happen,"

he said. "It didn't really set in until he asked me to stand with my legs spread apart that it was going to go downhill." A lineup of hypnotized girls proceeded to take turns kicking the non-hypnotized and well-protected Sek in the groin. "Getting kicked in the family jewels is never a great feeling," said the second-year Mohawk College police foundations student. "But most of the girls couldn't aim so my leg and hand received most of the damage." Despite the abuse Sek said he would absolutely see Lee again. "I had a few laughs and had a great time, minus the 20 kicks to the groin" he joked. Lee has been performing at Conestoga for over a decade. The hypnotist and part-time mixed martial arts fighter enjoys making people laugh in a unique way. "When I look in the audience it doesn't matter your age, nationality or sexuality, everyone is laughing and enjoying it," said Lee. However, I still wouldn't let my grandmother go.

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Posture affects mood and grades

BY LAURA BENNETT

Not many students realize that the simple act of sitting up straight, pushing your head back and relaxing your shoulders can affect your attitude and grades.

Posture is very important and affects a person both directly and indirectly.

In fact, good posture can change your whole mood for the day. When you see a person who has bad posture, head hanging and belly out, you usually wonder, can I trust this person or, as an employer, will this person be good for the job.

"A study in 2009 found that your posture affects your confidence in your own thoughts," said Dr. Sara O'Neill, a chiropractor and a certified network spinal analysis (NSA) practitioner in Kitchener. Students who have better posture actually get better grades because they are more confident in what they know, she said.

When school started there was an increase in the number of students because they were stressed out with their exams, said Karen Parker, O'Neill's assistant. "They got a feeling of being tight and worked up."

Parker says the No. 1 reason that students come to them is because they are hunched behind a computer studying. They also have to carry heavy backpacks and slouch in their chairs during



PHOTO BY LAURA BENNETT

Dr. Sara O'Neill, a Kitchener chiropractor, measures her assistant, Karen Parker, to see how level one shoulder is to the other during a posture wellness workshop at the Forest Heights Library in Kitchener on Oct. 25.

long classes.

A student's posture also gets worse during exam time. "When we get stressed, the brain perceives that something is stressful and it wants to protect the spinal cord to stay alive," said O'Neill. "Parts of the spine will tighten up in response to that. As a result the first thing to shift

is your posture."

O'Neill specializes in NSA, which is a developing procedure that teaches the body how to heal and liberate tension in the spine. "Patients come in because they had an accident and have been feeling miserable," said Parker. "They find they like it (NSA) better because it's so gentle

and it doesn't aggravate them more."

In NSA, O'Neill initiates low force and light touches to certain points on the spine to stimulate the nervous system. "It helps your body let go of tension that's been stored in the spine from past stresses," said O'Neill.

A patient of O'Neill's said,

"I'm experiencing a distinct improvement in mental alertness, and a huge improvement in my long- and short-term memory. I have more energy and sleep better. Do not compare NSA treatment with anything you have had so far."

A study done at the University of California Irvine found that people who make healthy life choices on their own, increase their wellness by 22 per cent and those who receive NSA increase their wellness by 40 per cent.

The most common ways the spinal cord is damaged, resulting in bad posture, are a fall, lifting something heavy, constant slouching or a motor vehicle accident. Canadians often get hurt slipping on ice, shovelling snow or getting into a car accident when driving in bad weather conditions.

Signs that show that you have bad posture are pain, reduced functioning, getting tired easily, lack of focus and an increase in allergies.

"If your nervous system is healthy and functioning properly, it will (show) in your posture," said O'Neill. As a person's posture improves they will get fewer colds and infections.

"A lot of people come in because they have pain, and they want to get that fixed," said Parker. "Then they stick around because they find out I can fix all these other things."

Zumbathon hopes to dance into Guinness World Records

By CASSANDRA BOURGEOIS

Fingers are crossed in the hopes there is a new world record for the world's largest Zumba fitness class.

On Oct. 30, a Zumbathon was held at the Queensmount Arena in Kitchener to try and boogie into the title of world record and to raise money for the charity, Donna's Kids.

Zumba is a dance fitness class that fuses Latin and other international music to create a fun workout class. Their motto is, "Ditch the workout, join the party!"

According to LuAnn Skovsgaard, the Zumba dance instructor who organized the event, the previous official record was 250 people, although there have been unofficial record attempts involving over 800 people.

These attempts weren't registered with Guinness, so 250 was the number the Zumbathon had to beat.

Three hundred and fifty people showed up to try and help Kitchener beat the record. It isn't known as of yet whether it was successful.

**"Ditch the workout,
join the party!"**

— Zumba's official motto

With minimum donations of \$10 for advance tickets or \$15 at the door, the Zumbathon raised \$4,300 for Donna's Kids, a branch of the Kitchener Minor Hockey Association. The charity raises money to help kids get into the sport, if they can't

afford expensive hockey equipment

"I see the value of having kids participate in organized sports," said Skovsgaard.

She's been a Zumba teacher since November 2007, when she called up the Zumba headquarters in Florida to ask them to send someone to Kitchener to train and certify four instructors. Since then, that number has grown to over 60 instructors in the Kitchener area.

After the half-hour record attempt, people who attended stayed and celebrated their success with a party. Skovsgaard was excited about attempting the world record, but not as excited as she was about helping out Donna's Kids.

"The most important part is raising money for a good cause," she said.

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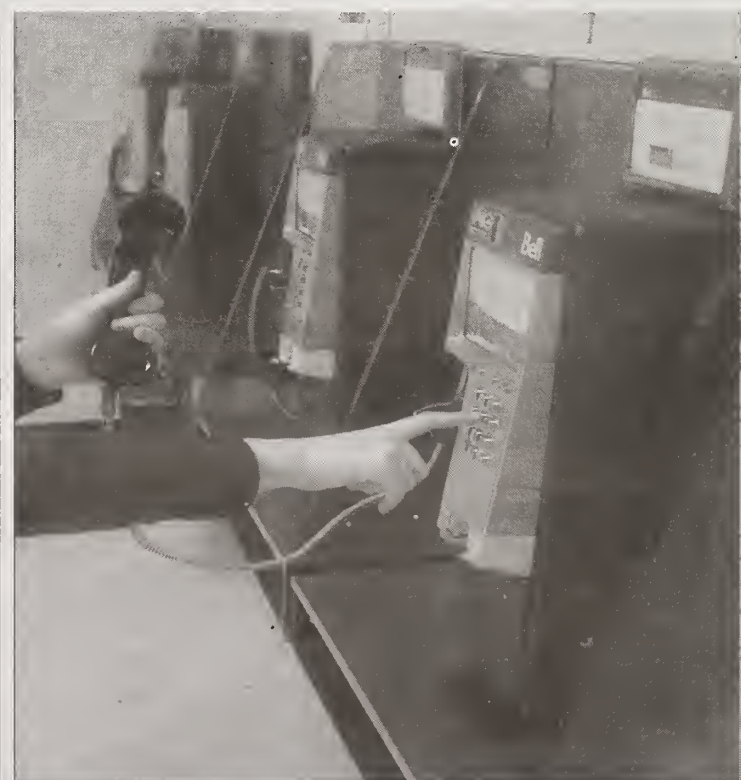


PHOTO BY JONATHAN CHARLES

It's not often you see someone go to use a pay phone in this digital day and age. The use of pay phones has decreased by approximately 40 per cent in North America but they're not extinct yet.



PHOTO BY GERALD UPTON

Jim Robson, left, a former mechanical engineer with an MA from the University of Waterloo, sits in a woodworking technology classroom with students more than half his age.

Your dad's in your class - well, almost

Mature students bring a sense of richness to the classrooms at Conestoga

By GERALD UPTON

Young students coming from high school to college in the past few years are facing a new and possibly daunting situation.

Their parents are in their classroom.

Well, not their actual parents, but someone old enough to be.

"Eight or nine years ago classes were filled with 19- or 20-year-olds fresh out of high school," said Steve Parr, coordinator of the videography-broadcast journalism/documentary program and the broadcast television program. "That has all changed rapidly, and it's the past two or three years that the classroom has become very diverse in terms of age range."

With the current economic downturn and the provincial and federal governments emphasizing retraining of the unemployed, more and more students over 40 are going back into the classroom.

"The economy has hit people hard," said Parr. "A lot of people are looking for better alternatives for employment income, and they're coming to college."

This means a lot of baby-boomers are back in class. These are people who have considerable job and life experience; people who are the contemporaries of the younger students' parents and — perhaps more significantly — the college instructors.

Surprisingly, younger students don't have a problem with this.

"I have no problem at all," said Brigitte Szucs when asked about an older student in her class. Szucs, a second-year broadcast journalism student, came straight to

Conestoga from high school. "I think it's a courageous thing," she said.

"It doesn't bother me," said Mike McCulloch, another second-year broadcast journalism student. "I find the mature students are the ones who have the most work ethic."

"

"You don't necessarily fit right in. You're an oddball because you're older. You got a bunch of kids that look at you like, 'That might be my dad.'"

— Jim Robson

"

Jim Robson, 58, is a former mechanical engineer with an MA from the University of Waterloo. After the contract he was working on ended and no others came up, he decided to go back to school. He's taking woodworking technology because he likes working with wood.

"You don't necessarily fit right in," said Robson. "You're an oddball because you're older. You got a bunch of kids that look at you like, 'That might be my dad.'"

Kathie Grant is in the second year of the architectural construction engineering technology program. She admits to being definitely over 40. She expressed one of the concerns she had when she started the program.

"Being a mature student, how are the other students going to look at you? Will you be accepted? Your teachers and professors are your contemporaries age-wise and

experience-wise. But you're also supposed to be the contemporary of the younger generation. You have to walk that fine line, being definitely a student when you actually maybe more identify with the teacher side of things.

"By the second semester that had more or less disappeared — I'm just another student in the program."

"When older students come into a classroom," said Parr, "sometimes they need the confirmation that they can succeed. Certainly I think there's some anxiety, especially in the first week or two. 'Do I fit? How can I sit here amongst all of these young kids? Is it going to work?' But what they find is that it does work."

Mature students, once they fit in, are often a valuable asset to the classroom. Carol Gregory, director of student development, was enthusiastic about that.

"The mature students bring so much to the college. They bring so much richness to the classroom; they bring so much diversity in terms of perspectives. They know what they want. They're here for a reason."

"How wonderful for a student in the class to hear instead of from a book or an instructor, from you who can say, 'I lived through that. This is what it was like.'"

The mature student has several advantages. They have already developed a work ethic, and they have a good sense of perspective.

"In my program it's very labour-intensive," said Grant. Knowing how to manage my time — not procrastinating, and getting things done because they need to get done — huge advantage!"

She made another point.

"When you're doing a presentation you have no fear of talking in front of people, whereas when I was that age, it was a huge issue."

"

"The mature students bring so much to the college. They bring so much richness to the classroom; they bring so much diversity in terms of perspectives. They know what they want. They're here for a reason."

— Carol Gregory

"

"They're doing more than I am," said Robson. "I've already gone through a whole bunch of stages in life, so I come here, I see the work, I do the work and I go home. I haven't got as much energy as they have, obviously, I'm older, I can't do as much, so I've got to organize myself to

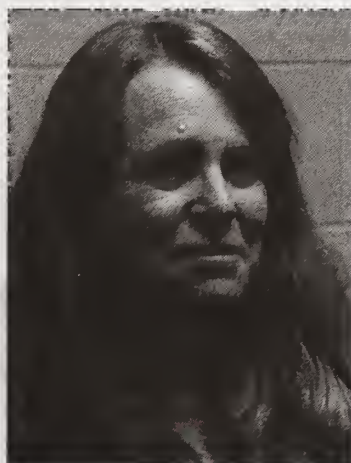


PHOTO BY GERALD UPTON

Kathie Grant.

make sure I get things done in time."

Along with the advantages of having mature students in the classroom, there can be some negatives. A Conestoga instructor told a story he'd heard from a teacher at another educational institution. It concerned a bitter older student who had lost a high-paying job and could not find another. He had returned to college under the Second Chance program, but felt forced into it. He took out his ire by being frequently disruptive in class.

Ann Charles, vice-president of OPSEU Local 237, said she's not heard anything like that at Conestoga College.

However, Andrew Coppolino, an instructor at Conestoga, said mature students can enjoy "sharing their own personal experiences. Sometimes it does bog down the class."

"Also they can be more demanding. If an instructor isn't willing to accept that, then that can cause some tension."

Family problems can also get in the way, he said, causing attendance difficulties. Their absence can sometimes affect any group projects they are involved with.

Perhaps the best summary of the differences between the generations can be summed up by a quote from Robert Heinlein, the dean of science fiction and a prolific writer and philosopher, taken from his 1972 book, *Time Enough for Love*.

"A young person sees the world as a still picture, immutable. An old person has had his nose rubbed in changes and more changes and still more changes so many times that he knows it is a moving picture, forever changing."



PHOTO BY BRITTNEY BELANGER

Comedians, left to right, Mark Debonis, Nick Reynoldson and Barry Taylor yukked it up in the Sanctuary on Oct. 27.

Comedians tickle students' funny bone

By BRITTNEY BELANGER

CSI's comedy nooner had students eagerly awaiting the talent of Canadian comedians Barry Taylor, Nick Reynoldson and Mark Debonis.

After introducing themselves, the comedians didn't waste any time putting smiles on people's faces.

"Do you ever see those people who stare at their beer like they just climbed a mountain, after taking that last sip," said comedian, Mark Debonis, a newcomer to the comedy circuit.

The audience laughed continuously, as the three interacted with the audience, including them in their jokes. They discussed topics that

ranged from pumpkins to first dates.

The audience eagerly anticipated the comedians' next jokes, listening intently to what they had to say, when they weren't laughing hysterically.

Taylor was the first stand-up and worked the crowd successfully.

He made fun of the audience and told jokes about things that happen on a regular day.

The comedians stuck around for a meet and greet after the show, posing for photos. They also took the time to tell fans what it was like to be on the road and be a comedian.

Since launching the tour in July, the comedians haven't had any regrets.

Awards gala recognizes amazing alumni



PHOTO SUBMITTED

Alumni of Distinction award winners were, from left, Ingrid Von Cube, Keith Allen Zehr, Brenda Halloran, Jessica Stovin, winner of the recent graduate award, David Shoalts and Glen Spencer.

By ASHLEY IDLE

The 2010 Alumni of Distinction Awards reception was a gala affair on Nov. 2.

Held at the Waterloo Region Museum, the event celebrated Conestoga graduates who have had an impact in the community.

Emcee Paul Osborne, executive director of alumni, marketing, corporate communications and athletics, said, "Hardly a day goes by in which our lives are not somehow touched by a Conestoga graduate ... Conestoga has trained more than 40 per cent of the region's workforce."

Awards were given out in the categories of business, community service, engineering and information technology, health and life services, media and design, trades and apprenticeships and recent graduates.

The winner in business was Ingrid Von Cube, the president and creative director of Appetizingly Yours Inc. The company specializes in catering and event planning and is located in Guelph. She is also the founder of Taste of Guelph and is the creator of Farm to Fork and Taste Real from the ground up.

Community service award winner Thomas J. Quinn won for his work in Pickering, Ont., for his exceptional leadership. He helped bring the Pickering Recreation Complex from a concept to reality over 25 years ago. Currently, he is the chief administrative officer for the City of Pickering.

Keith Allen Zehr won in the engineering and technology category. Zehr is a member of

the Young Presidents Organization. His company, Clemmer Steelcraft Technologies Inc., is one of the most outstanding suppliers in the Americas.

The winner of the health sciences award was Brenda Halloran. She is currently the mayor of the City of Waterloo. Halloran has introduced a number of innovative ideas and initiatives into the community. She has also hosted forums on issues such as health care.

The media and design category was won by David Shoalts. A Globe and Mail columnist, he was named Sports Writer of the Year in 2009 along with colleague Paul Waldie.

Trades and apprenticeship category winner Glen Spencer works at BLM as the director of shop operations. Under his guidance, the company grew substantially, rising from 75 trucks to 600 during his tenure with the company.

Jessica Stovin won the recent graduate award. She is currently the recreation supervisor of community programs with the Town of Halton Hills recreation and parks department. She has been recognized by Parks and Recreation Ontario as a Leader of Tomorrow and was the recipient of the Bob Secord Award.

During the ceremony, the Alumni Association of Conestoga also awarded 59 students with the Welcome Home award. This award is given to students with a parent or guardian who is an alumnus of Conestoga College.



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Loving music is not a crime

The amount of music I download is ridiculous ... half of it I forget is even there; whole albums on my computer that I haven't even listened to. And I love this freedom.

I, however, like millions of others, am guilty of taking this download freedom for granted. Because it's free, easy and songs are downloaded into my iTunes in less time than it takes to say gigabyte, I overused it, and downloaded with abandon. Downloading every single search result for the artist of a song you just heard on the radio without thinking twice is the norm; because who knows, that singer might not be a one-



Emily
Garrett
Opinion

hit wonder. This is the way most of us took advantage of LimeWire.

But this reckless overuse has now come back to haunt me. On Oct. 26 the court ordered LimeWire to stop its P2P, or person to person, sharing operations, which let's be honest, is all it was really there for anyways. No one in their right mind is going to buy a song from the LimeWire store when the

search bar for the countless free versions floating around the web is a click away.

The issue of downloading songs without paying for them has been an ongoing war between the music industry and programs such as LimeWire. I understand the music industry's frustration about this loss of money, but I can't say I feel any sympathy for these multibillion-dollar music labels. For the small, lesser known artists, I do feel a bit guilty because they could use the support from fans buying their music online instead of downloading it for free.

But from my perspective

as a college kid with not enough money to buy the full albums of every single artist I love, I'm all for free downloads. For many people my age, the only way they are going to be able to listen to an artist's music is if they can download it for free. I think most bands, even the lesser known ones, would rather get their music out there and have it enjoyed by more people, even if means it's being downloaded off of LimeWire.

The freedom of sharing music, although illegal, is a great way to spread the art form of music, which inspires us every day. I can't even tell you how many artists and songs I've

randomly found on LimeWire, because it was free, so there was no risk in checking out something new.

I feel without this free music we will no longer experience the different cultures and stories that this medium spreads.

My short-term solution to the shutdown of LimeWire was to immediately download iMesh, which does basically the same thing. But once they've shut down one, what will stop them from shutting down another?

I sincerely hope that this is not going to be the pattern for the future, and that music can remain an art form and not a dollar sign.

GOT TO LOVE THAT GETUP



PHOTO BY JESSICA-LYNN TABAK

Steven Larwin, the full-time cook in Conestoga Student Inc's Sanctuary, showed lots of Halloween spirit, dressing up as a rapper.

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You know when it's real.

Peter Pan and princess pay Conestoga a visit

By MANDY LIVERANCE

Glitter, paint, the scent of pumpkins and the sight of happy children filled the Sanctuary at a Halloween celebration, Oct. 30.

At Conestoga Students Inc.'s annual children's Halloween party at the school, which was open to any Conestoga student with a child ages 12 or under, princesses, vampires and pumpkins made an appearance.

"It makes me feel like a kid again," Tara Herriot, Conestoga's event co-ordinator, said of organizing the event. "It's rewarding to see them happy. There's a lot offered for them and they get to make new friends."

The sound of laughter floated around the room like ghosts as parents and their children participated in the festive activities. Tables were covered in crafts such as painting faces on pumpkins, decorating Halloween-shaped cookies and designing trick-or-treating bags. Healthy snacks and juice were set out for the guests, and, of course, there was a lot of candy too.

"I think it's awesome for the kids, being able to get them involved with the school too," said Laura Johnson, a first-year rec and leisure services student. She brought her two daughters, Brooklynn, 5, and Kaitlyn, 7, to the party.

Among the youngsters who attended the party were Princess Jasmine, Peter Pan, a guitar and even a dead bride. Some parents even dressed up for the occasion, such as Cleopatra, a police officer and a cat.

Parents and children could also get pictures taken in front of a Halloween background, painted by Herriot. The kids had fun posing in their costumes for the camera.

Food, pictures, crafts and treats were all



PHOTO BY MANDY LIVERANCE

Laura Johnson poses for a picture at the children's Halloween party with her daughters Brooklynn, 5, and Kaitlyn, 7.

included for the kids at just \$5 per child. Parents were free.

Herriot said planning an event for children compared to college students was similar except she expected more tears from the younger ones. She also joked that the kids are easier to entertain.



HOROSCOPE

Week of November 8, 2010



Aries

March 21 - April 19

You will make a start on a new novel, as part of National Novel Writing Month. You can never go wrong with a sci-fi epic.



Libra

September 23 - October 22

You will be offered a very unusual pet. Do not take Snuffy home. Marzipan's are pastries, not animals. Rocks *do* make fine pets.



Taurus

April 20 - May 20

While wandering about, you will get lost in a dark forest, and soak your feet in a soon-to-be-frozen puddle. Pack extra socks.



Scorpio

October 23 - November 21

Remember all that ninja training you did a few years ago? It will come in handy when you need to protect the Celestial Emperor from the forces of Ryu-O.



Gemini

May 21 - June 21

You will take a quick tour through the circles of hell, and discover that the devil has this bizarre fascination with the number 3. You will not be able to figure out why.



Sagittarius

November 22 - December 21

You will win the lottery and waste all your winnings away, as lottery winners tend to do. It will come with a lifetime supply of Rice-a-Roni!



Cancer

June 22 - July 22

A time-travelling gunslinger from the old west will take umbrage at your frequent use of the word quaint.



Capricorn

December 22 - January 19

You will find for the first time in your life that you have too many salmon. A lot of time will be spent in getting rid of them.



Leo

July 23 - August 22

This week will see a rarity, when you attend all your classes and learn something new from every one of them. Sadly, you are in the twilight zone. Sorry!



Aquarius

January 20 - February 18

A batch of bad hamburger will send you careening through time and space. It's just a trip. Take deep breaths. Avoid garbage can robots.



Virgo

August 23 - September 22

You will attend a meeting of the First Church of Dagon, and participate in a ritual to summon Cthulhu, thereby ending the world.



Pisces

February 19 - March 20

One of your friends will claim that he has the soul of a giraffe. Nothing you say will be able to convince him otherwise. Find new friends.



Paul Irvine carefully examines the stars and then ignores them for your amusement.

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Condors get their wings clipped

By BRANDON REOCH

Conestoga's women's volleyball team was host to Canadore College on Oct. 31, and they did what any good host would do, they made their guests feel at home.

After losing to Nipissing University the day before, the Condors came into the game with a 2-3 record and were flapping their wings hard to become a .500 team. However, the volleyball gods had different plans.

The first two sets were close with both teams playing very sloppily with poor setting, open blocks and few spikes. Solid defence was provided from Danielle Pauze of Conestoga and Jesse McLean of Canadore.

In the first set, both teams felt each other out but inconsistency was a huge factor in Canadore winning the first set.

The Condors switched gears, winning the second set, capitalizing on their chances and forcing Canadore to make mistakes with the ball on their side.

However, sloppy play resurfaced for the Condors in the third and fourth sets and even though Canadore didn't make any TSN highlight plays, they cleaned up their mistakes and began to dominate. With tons of free points because of the Condors' poor serving and lack of quality sets, Canadore won the last two sets.

"We didn't play very well and we had a lot of mistakes," said middle back Danielle Pauze.

"They got their act together and eliminated their mistakes and came up big on their chances."

"I feel that today we played poorly, with the exception of the second set. We were very up and down and couldn't find our rhythm," said head coach Christine Lamey.

This was the sixth game since the 1993-94 season for the Condors. With little experience and no OCAA recognition, practice time will be greatly valued by the players.

"Not having experience affects the team greatly," Lamey said.



PHOTO BY BRANDON REOCH

Middle hitter Chelsea Bresolin of Conestoga spikes the ball straight into the block of a Canadore player at the Conestoga rec centre on Oct. 31.

Mensink inspires learning

By JESSICA-LYNN TABAK

Frank Mensink, the executive dean of Conestoga's School of Business and Hospitality, is featured in Statements Magazine's Oct./Nov. issue.

The respected publication for certified general accountants of Ontario honoured him for his dedication to lifelong learning and his career – both of which should inspire Conestoga students.

Mensink's feature shows how passion and dedication to learning results in success.

As dean, Mensink is a prominent and respected figure at Conestoga College, overseeing the academic activity for more than 2,600 full-time students and 5,000 part-time students, as well as 60 full-time faculty and up to 100 part-time faculty – a job which he manages with grace, skill and professionalism.

Mensink started his post-secondary schooling at the University of Waterloo in engineering. After two years, he realized that it wasn't something he wanted to pursue.

Mensink didn't like the co-op jobs that he was doing. For one job he was outside in the middle of winter measuring the sides of buildings with a tape measure. On another, he was working at Dofasco in the

blast furnace area of the mechanical department, doing drawings of a flywheel for the flow of molten iron – none of these jobs were exciting to him. "Engineering wasn't for me. I started looking at other options. Waterloo didn't have a business program at the time so I transferred into math," said Mensink in the magazine article.

After realizing engineering wasn't an ideal job for him, he began a new career path: public accounting. Along with that came a new field, computer audit. Mensink became the senior manager of computer audit and microcomputers, then the audit manager of the University of Waterloo and for the University of Guelph while he completed a master's degree in business administration at Wilfrid Laurier University.

As of this didn't keep him busy enough, he also taught a fourth-year computer audit course at the University of Waterloo in the School of Accountancy.

Mensink began to question public accounting after eight years. He admired his wife Nancy, how she had summers off, while he was putting in endless effort.

"I was looking for a better work/life balance and to spend more time with my family. One day I saw an ad

in the local newspaper that Conestoga College was looking for full-time faculty and I sent in my resumé," said Mensink. Conestoga hired him in 1984 and he has been here ever since.

Mensink was recently elected 2010/11 chair of the board of directors for the Certified General Accountants of Ontario.

Mensink understands it's not uncommon for students to feel undecided about the path they have chosen. However, he is a living example of how an undecided path can sometimes lead to success.

"A special relationship has existed between Conestoga College and Certified General Accountants of Ontario since the inception of the college system in the late 1960s," said Doug Brooks, CEO of the CGA and a colleague of Mensink's.

"Frank became the CGA Ontario representative in 1987 and we have been working together ever since."

"He strives to be a model the students of Conestoga can emulate," said Brooks. "We are proud to have Frank on board at CGA Ontario."

"As I always tell our students: 'The program you start will not necessarily be the one that you finish. Keep your options open,'" said Mensink.



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